

The Resilient Library Newsletter

January 3, 2021

Volume 4, Issue 1

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

Inside this issue:

Book Spotlight	3
To Your Health	4
Money Wise	5
To Your Mental Health	6
Learn to Meditate	7
About this Newsletter	8
Library Links, Services & Contact Information	8

Tips for Starting Physical Activity

How can I start to be active?

From [Tips for Starting Physical Activity | NIDDK \(nih.gov\)](#)

HOW MUCH AND WHAT KINDS OF PHYSICAL ACTIVITY DO I NEED?

Some physical activity is better than none. You can start slowly and build up from there.

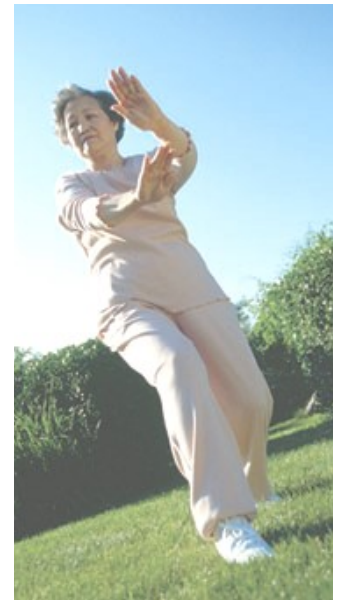
If you are a healthy adult, the [Physical Activity Guidelines for Americans](#), 2nd edition (PDF, 14.2 MB), advise you to make aerobic and strengthening activities part of your regular routine. If you have a disability that keeps you from some activities, talk with your health care provider about types of physical activity that might work well with your abilities. If you have a health problem such as heart disease, high blood pressure, or diabetes, ask your health care provider about the types and amounts of physical activity that may work for you.

AIM FOR AT LEAST 150 MINUTES PER WEEK OF MODERATE-INTENSITY AEROBIC ACTIVITY

Walking fast, jogging, dancing, or other types of aerobic activities make your heart beat faster and may cause you to breathe harder. Try to be active for at least 10 minutes at a time without breaks. You can count each 10-minute segment of activity toward your physical activity goal. Aerobic activities include:

- Biking (don't forget the helmet)
- Swimming
- Brisk walking
- Wheeling yourself in a wheelchair or engaging in activities that will support you such as chair aerobics

Try to do aerobic activities at a moderate intensity. Do the "talk test" to make sure you are exer-



cising at a pace that you can maintain. You should be able to speak a few words in a row, but should not be able to sing.

See **Physically** on page 2

Aim for at least 30 minutes of aerobic activity most days.

AIM FOR AT LEAST 300 MINUTES PER WEEK TO GAIN MORE BENEFITS

You may need at least 300 minutes per week of aerobic activity if your goal is to lose weight or to keep it off. Adding a brisk walk after lunch, dinner, or when your schedule permits may be one way to boost the amount of aerobic activity in your life.

DO STRENGTHENING ACTIVITIES TWICE PER WEEK

Activities that make you push or pull against something may improve your strength and balance.

Build and maintain bone and muscle strength.

To help strengthen your whole body, work all major muscle groups, including those in your legs, back, abdomen, chest, shoulders, and arms. Doing 2 to 3 sets for each muscle group twice per week may help. Even 1 set of strength training offers benefits.

Try different activities to find ones you enjoy and to work different parts of your body, such as

- Lifting weights [use canned goods or water bottles making sure what you use is of equal weight in each hand]

- Working with resistance bands

Improve your balance.

Activities that build strength in your lower body may improve your balance. Try activities that work your ankles, feet, and lower legs.

Pilates and yoga may improve your balance, muscle strength, and flexibility. You can also try tai chi or practice standing on one leg, if you are able to do so.

TAKE BREAKS FROM BEING STILL

Recent studies suggest that long periods of inactivity may be linked to health

problems such as diabetes, heart disease, and stroke. Add motion to your day. Download an app to your phone, computer, or other device to remind yourself to take breaks. [Or set a kitchen timer.]

Routine tasks such as sweeping, mopping, vacuuming, and yard work can also be part of your physical activity plan.

Excerpted from [Tips for Starting Physical Activity | NIDDK \(nih.gov\)](#)

Choose activities that you enjoy.

“How Can I Start to Be Active?”

PICK AN ACTIVITY YOU ENJOY

Create a list of the activities you would like to do, such as walking, aerobics, [tai chi], [chair yoga], or taking a class at a... community center [socially-distanced, of course]. To increase your activity level, add an activity that sounds fun and try it out. You are more likely to stay active if you choose activities you enjoy.

START SLOWLY AND ADD A LITTLE AT A TIME

The idea of being active at least 150 minutes per week may seem like too much at first. Start by moving for 10 minutes a day. Every few weeks, add 5 to 10 minutes until you are active at least 30 minutes most days.

SET A GOAL, ADD IT TO YOUR CALENDAR, AND DO IT

Setting goals and having a plan to realize them may help you stick with a physical activity routine.

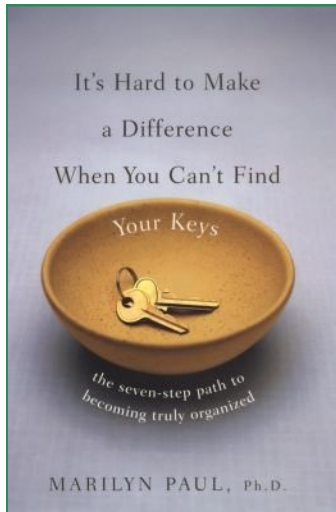
- **Set specific short-term goals that you can track.** For example, instead of saying, “I’m going to be more active this week,” set a goal of walking 30 minutes a day on 3 days this week.
- **Think of the days and times you could do the activity**, such as first thing in the morning, during lunch breaks, after dinner, or on Saturday afternoon. Look at your calendar, phone, or computer to determine the days and times that work best and commit to those plans in writing. Also, set your phone to send reminders to help you stay on track.

Excerpted from [Tips for Starting Physical Activity | NIDDK \(nih.gov\)](#)



Book Spotlight— *It's Hard to Make a Difference When You Can't Find Your Keys: The Seven-Step Path to Becoming Truly Organized*

Volume 4, Issue 1



*Available in print
or ebook at
www.rvl.info*

"Free Yourself. . . Overbooking, running late, canceling appointments at the last minute, missing deadlines, feeling overwhelmed, losing important documents, or just plain losing your keys—it can happen to anyone once in a while. But when this kind of behavior becomes a way of life, it can be hard to change.

In *It's Hard to Make a Difference When You Can't Find Your Keys*, management consultant Dr. Marilyn Paul guides you on a path to personal change that will bring true relief from the pain and stress of chronic disorganization. Drawing from her own past experience as a chronically disorganized person, Paul adds warmth, insight, humor, and hope to this primer for change and self-discovery.

Unlike other books on getting organized, *It's Hard to Make a Difference When You Can't Find Your Keys* offers a clear, practical seven-step path to personal growth that is holistic and comprehensive in nature. Focusing on all four levels of human experience—physical, emotional, mental, and spiritual—Dr. Paul provides you with the necessary traction for consistent and lasting change. And while most organizing books simply offer good tips for changing the *symptoms* of disorganization, Paul helps you identify and transform the *root*

causes by teaching you how to recognize habits of thought and action that contribute to disorder, and by motivating you to make changes that direct you toward a more rewarding way of living.

By combining practical 'how-to's' (such as how to empty out your inbox) with the deep wisdom of decades of meditation practice, she shows how to develop a greater sense of inner calm and presence by constructively dealing with outer disorder.

With *It's Hard to Make a Difference When You Can't Find Your Keys*, Dr. Marilyn Paul has created a roadmap that moves you from chaos and inefficacy onto the path of changing your behavior, emerging from your disorganization, and finally being able to do what you want, when you want, with growing presence of mind.

MARILYN PAUL has a Ph.D. from Yale University and an M.B.A. from Cornell. She is a principal in the consulting firm Bridgeway Partners, with clients that have included Harvard University, the U.S. Department of Transportation, Dana Farber Cancer Institute, and Pfizer. She lives outside Boston with her husband.

"Marilyn Paul helps readers confront two hard and often-denied facts about our own disorder. The chaos we create is more stressful than creative, and it wreaks havoc on the lives of our family, friends, and coworkers. By showing us the way back into a world of calmness and order, she gives readers a great gift—the freedom to be truly creative and effective."

—ROBIN J. ELY,
associate professor of organizational behavior
Harvard Business School



From [U.S.News \(Health Day News\)](#)

In older couples, one spouse's negative thoughts about aging can affect the other spouse's health, a new study indicates.

It also found that these effects differ by gender. A wife's views about aging are linked with her husband's physical health, while a husband's views about aging are associated with his wife's mental health.

The findings suggest that having a negative view about aging can become a self-fulfilling prophecy, according to study co-author Lydia Li, a professor of social work at the University of Michigan.

The researchers analyzed data from nearly 6,000 Americans older than 50 and their spouses.

They found that women with less negative views of aging are more likely to look after their own health and to encourage their husband to seek health care and follow medical advice.

But women with more negative views of aging are less likely to look after their own health or that of their spouse.

The researchers also found that a husband's negative views about aging can affect his wife's depressive symptoms, but not her physical health, according to the study published recently in the *Journal of Aging and Health*.

"The fact that the husband's self-perception about aging is not associated with their wife's physical health further supports that it is usually women doing the health care work within the couple's context," said study lead author Meng Sha Luo, an associate professor of sociology at Zhejiang University in China.

The gender differences identified in the study suggest that health care officials need to pay attention to the influence of spouses when creating programs to improve older adults' health.

For example, when husbands have major health challenges, improving their own as well as their wife's views about aging may be useful, Li suggested.

And when wives have depressive symptoms, they may benefit from efforts to improve their own and their husband's negative views about aging.

Previous research has shown that many men are reluctant to acknowledge their health problems or seek help, perhaps because doing so threatens their sense of masculinity.

"For these men, efforts to engage their wives may be a feasible approach and are beneficial to both the husbands and wives," Luo said in a University of Michigan news release.

More Information

The U.S. National Institute of Diabetes and Digestive Kidney Diseases offers tips on [health aging](#).

Source: University of Michigan, news release, Nov. 3, 2020

A wife's
views about
aging are linked
with her
husband's
physical health,
while
a husband's
views about
aging are
associated with
his wife's
mental health.

Brought to you by the SEC's Office of Investor Education and Advocacy, [Investor.gov](https://www.investor.gov) is your online resource to help you make sound investment decisions and avoid fraud.

The SEC's Office of Investor Education and Advocacy (OIEA) is dedicated to serving the needs of individual investors. It has **three functional units**:

The Office of Investor Education carries out the SEC's investor education program, which includes producing and distributing educational materials, leading educational seminars and investor-oriented events, and partnering with federal agencies, state regulators, consumer groups and self-regulatory organizations on investor literacy initiatives.

The Office of Investor Assistance responds to questions, complaints, and suggestions from the members of the public. The Office handles investment-related complaints and questions from tens of thousands of individual investors and others every year. Investors may contact us through our online complaint forms or question form, or our hotline, (800) SEC-0330 (toll-free in the U.S.) to ask questions on a wide range of securities-related topics, to complain about problems with their investments or their financial professionals, or to suggest improvements to the agency's regulations and procedures.

The Office of the Chief Counsel creates educational materials on securities-related topics for the public (including for Investor.gov, the SEC's website designed for individual investors) and provides advice to OIEA on securities and administrative law issues.

If investors have complaints regarding a broker or investment adviser, we will contact the company or individual to find out what happened. Sometimes, this results in a satisfactory resolution of the complaint.

Other times, it's unclear who is right and who is wrong. In that case, we let investors know their legal options and how they can pursue a resolution on their own. Read here for more information on [how we handle investor complaints](#).

Our specialists also research and provide information on a range of topics, such as whether a broker or investment professional is properly licensed to do business, or whether a company is registered with the SEC.

We cannot tell investors what investments to make, but we can provide them with unbiased information on investment decisions and on protecting themselves from securities fraud or abuse.

Excerpted from [Home | Investor.gov](https://www.investor.gov)

The screenshot displays the Investor.gov website interface. At the top, it identifies itself as an official website of the United States government, specifically the U.S. Securities and Exchange Commission. The main navigation bar includes tabs for 'Introduction to Investing', 'Financial Tools & Calculators', 'Protect Your Investments', and 'Additional Resources'. Below this, the 'Financial Tools & Calculators' tab is active, showing a grid of links for 'Getting Started', 'Investing Basics', and 'General Resources'. A prominent red button labeled 'QUESTIONS? VISIT OUR GLOSSARY' is visible. Another red button labeled 'ALERTS AND BULLETINS' is also present. A third red button labeled 'CHECK OUT YOUR INVESTMENT PROFESSIONAL' is located in the 'Protect Your Investments' section. The bottom section features a 'Spotlight' area with links to various topics like 'Director's Take', 'ICOs and Digital Assets', and 'Microcap Fraud'. A final red button labeled 'CALCULATE COMPOUND INTEREST' is located in the bottom right corner.



From [Mental Health America](http://www.mentalhealthamerica.net)

HOW SPIRITUALITY HELPS

Eat your veggies. Get enough rest. Exercise. Those are clear suggestions. But you may be thinking, what in Heaven's name does it mean to "take care of your spirit"?

For lots of people, being spiritual means observing rituals, studying texts and attending religious services, well, religiously. For others, it's not at all about traditional structures or notions of God.

You can think of spirituality as connecting to whatever you consider meaningful and holy. You can find it in God, in yourself, in other people, in nature, art or kindness. Whatever you focus on, spirituality offers many possible benefits, including better mood, less anxiety and depression—and even fewer aches and illnesses.

Spirituality can provide a:

- Reassuring belief in a greater force or being
- Sense of purpose and meaning
- Focus on your own or universal wisdom
- Way to understanding suffering
- Connection with others
- Reminder of the good in the world

Consider some of the science on religion and spirituality:

- People who meditate have increased activity in a "feel-good" area of the brain
- People with strong religious beliefs recovered faster from heart surgery than people with weaker faith
- People who didn't attend religious services died significantly

younger than those who attended more than once a week

Why the connection between spirituality and health? It seems spirituality cuts the stress that so often triggers disease.

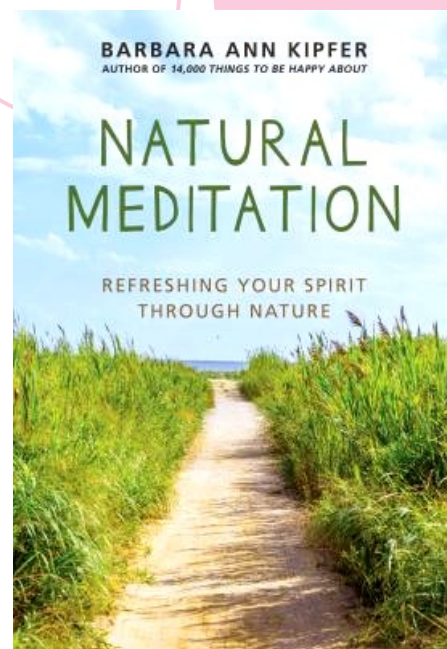
SPIRITUAL PATHS Meditation

If more traditional prayers and practices are not for you, you might try meditation. Research shows that meditation offers not only calm but helps with anxiety and depression, cancer, chronic pain, asthma, heart disease and high blood pressure.

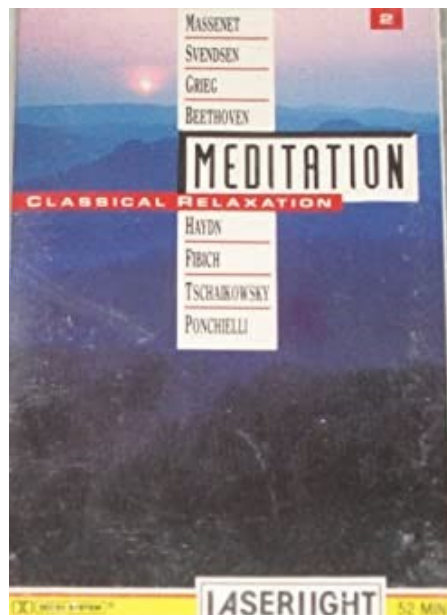
To get started, all you need is a few minutes each day. Later you may want to work up to 10, 20 or 30 minutes. You can find one of the many meditation options in a book or CD, online or in a class. Or you can try some of the suggestions below. If one doesn't work, stay calm... and try another.

Types of Meditation

- **Deep Breathing.** Sit or lie down comfortably. Rest your hands on your stomach. Slowly count to four while inhaling through your nose. Feel your stomach rise. Hold your breath for a second. Slowly count to four while you exhale, preferably through pursed lips to control the breath. Your stomach will fall slowly. Repeat a few times.
- **Mindfulness Meditation.** Focus on your breath. Notice anything that passes through your awareness without judgment. If your mind starts to tackle your to-do list, just return to focusing on your breath.
- **Visualization.** Close your eyes, relax and imagine a peaceful place, like a forest. Engage all your senses: Hear the crunching leaves, smell the damp soil, feel



*Book available
through www.rvl.info*



*CD available through
www.rvl.info*

See **Take Care** on page 7

the breeze.

- **Repeating a mantra.** Sit quietly and pick any meaningful or soothing word, phrase or sound. You can repeat the mantra aloud or silently. Experts say the repetition creates a physical relaxation response.

Connecting With Your Deepest Self

With all the time we spend plugged in, tuned in or online, it's easy to get disconnected from our inner selves. Try to find some time each day to think about who you are and want to be in the world. Figuring out what's really important to you can make daily irritants and stresses feel like less of a burden.

Try some of these paths to your spiritual side:

- **Focus on your goals, values and beliefs.** What brings you hope, joy and comfort? What do you care about most? How can you make a difference in the world?
- **Keep a journal** to help you express your deepest thoughts and feelings.
- **Read inspiring stories or essays** to unearth insights and philosophies that can enrich your life.
- **Be open to new experiences.** Nurture your spirit with nature, music, art or whatever sounds appealing.
- **Look at what's good in your-**

self and others. Notice the sacred in and around you. Sure, there's plenty of bad stuff, but you'll find greater peace and joy by focusing on the positive.

Excerpted from [Take Care of Your Spirit | Mental Health America \(mhanational.org\)](http://mhanational.org)



Free Meditation Classes Available Online Through Salem Library's Database —Universal Class

Meditation 101—Learn How to Meditate

Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, introspection, and a deeper sense of relaxation. Practiced for millennia, it is the discipline of concentrating on a single object, thought, sound, movement, or on attention itself. Many people meditate to achieve a greater sense of spiritual awareness and understanding of their professed religion, but it can be practiced by anyone regardless of their religious beliefs and background.

In this course,... explore the various techniques of meditation, such as sitting, standing, and yoga. Becoming aware of your thoughts, surroundings, sounds, smells, bodily movements, and especially your breath are fundamental techniques of meditation. the basic objective is to be present—here and now. It is the act of being precisely in the moment, neither controlling your mind rigidly nor letting it go completely, but being aware of who you are and where you are.

Meditation is about being comfortable and at peace. As we explore the several techniques of practicing meditation, you can pick and choose those practices that make you most comfortable. It is important to leave your preconceived notions of meditation behind you, keep an open mind, and be willing to learn the art of meditation. (12 Lessons, 8 Hours average time, Video audit available)



Salem Public Library

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Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:
library@salemva.gov

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-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)



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to see our calendar
of events

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

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- Email us at library@salemva.gov OR
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LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT FREE PICK-UP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

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